

Alpenreych Spa

Immerse yourself in a world of relaxing Alpine,
Ayurvedic and traditional wellbeing treatments

Enjoy relaxing and customized wellness treatments for soul & spirit
with high-quality selected products in our Alpenreych Spa.
Your time out should be an unforgettable highlight for you.

Our qualified staff will be happy to advise and inform you directly at our
Wellness Info Point (3rd floor) or in the Alpenreych Spa (5th floor).

You can also reach us by phone under the **internal number 815**.

Opening hours Alpenreych Spa (5th floor)

daily from 09.00 o'clock to 19.30 o'clock.

Opening hours Wellness Info Point (3rd floor)

depending on availability from 14.00 o'clock to 19.30 o'clock

We are looking forward to seeing you...

Your SPA-Team



*We kindly ask you to inform us of a possible pregnancy at the time
of booking or at the beginning of the treatment. Treatments with
the following symbol are suitable during pregnancy.*

MASSAGES

Magic moments

Hubertus pampering massage

This wonderful massage increases the physical well-being and gives new vitality and energy. In order to achieve optimal deep relaxation, we let you select the emulsions with oil. Full body massage with head and face massage.

- O Caring - moisturizing - apple and rosehip
- O Healing - soothing - chamomile and marigold
- O Stimulating - firming - marine algae and hyaluronic acid

Duration: ca. 50 minutes

87,00 €

Hubertus ritual with energy stones

This special ritual with cold mountain crystals and hot volcanic stones is a source of new strength for everyday life. The body draws new energy from the mountain crystals and the warm volcanic stones melt away any tension.

Duration: ca. 75 minutes

111,00 €

Sports massage – Belvita mountain active

This combination of pine and arnica oil, reflexology stimulation and the techniques of revitalising massages melts away all tension and takes away muscular pains.

Finally, we refresh your legs with a beneficial leg gel.

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|-----------------|----------------|---------|
| O Legs | ca. 25 minutes | 51,00 € |
| O Legs and back | ca. 45 minutes | 78,00 € |

Classic massage

Carried out according to your individual requirements.

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|---------------------|----------------|---------|
| O Full body massage | ca. 50 minutes | 83,00 € |
| O Back massage | ca. 25 minutes | 49,00 € |
| O Shoulder and neck | ca. 20 minutes | 45,00 € |

Relaxing head and neck massage - Team Dr. Joseph

This unique treatment method with an extraordinary massage and precisely effective plant extracts smoothly releases tensions in the head, neck and shoulder area. Deep contact and a modulated individual treatment technique ensure a pleasant relaxation and a switch off from the stress of everyday life. The microcirculation is stimulated, vessels, sense organs and nerves are strengthened.

Duration: ca. 50 minutes

91,00 €

I Breathe!

For more vitality and a strong immune system. This special massage on the back and chest area opens and relaxes the airways and the massage has a positive effect on the lungs. Inhalation with various herbs additionally cleanses and strengthens the respiratory tract.

Duration: ca. 50 minutes

88,00 €

Resonance massage for the back

This treatment is used for the elimination of stubborn related stress conditions located in the spinal cord. By deeply warming the tissues the lymphatic system will be reactivated and the entire back will be cleaned.

○ 1 treatment

ca. 50 minutes

89,00 €

○ 3 treatments for 1 person

ca. 50 minutes each

230,00 €

Massage with stamps of aromatic herbs

Enjoy a massage with precious oils and hot stamps of aromatic herbs and you will be swept away to magic worlds of marvellous fragrances that promote bodily wellbeing, new strength and renewed vitality.

Duration: ca. 50 minutes

89,00 €

Foot zone massage with foot bath

The reflex areas of the foot will be stimulated in order to regenerate and revitalise the body. Starting with an activating footbath.

Duration: ca. 45 minutes

76,00 €

LomiLomi Nui

Lomi Lomi Nui is a traditional Hawaiian full body massage that gets your body energy flowing again. The gentle touches have a balancing, stress-relieving and calming effect on body, mind and soul.

Duration: ca. 75 minutes
ca. 100 minutes

133,00€
176,00€

Shiatsu massage (come in comfortable clothes)

Shiatsu is a pressure massage according to the Far Eastern tradition that harmonizes body, mind and soul. The massage has a positive influence on your life energy through gentle, deep-acting pressure. During the massage you will be comfortably dressed and laying on a soft mat on the floor.

Duration: ca 50 minutes

98,00€

Gsund Belvita Treatment

Belvita have developed this unique wellbeing treatment for you. All products used for this ritual originate in South Tyrol. A real health elixir – from the Alpine source directly to the skin. The medicinal and healthy effect of the treatment combines the power of nature, the natural healing effect of plant extracts and the comfortable touch of professional hands.

- Relaxing footbath
- Stimulating hand and arm massage
- Revitalizing foot peeling
- Invigorating body massage
- Face and décolleté massage
- Moisturizing body package

GSUND
Belvita Treatment

Duration: ca. 50 minutes

91,00

Children's dreams (4 years until 14 years)

Aroma massage for kids

Duration: ca. 20 minutes

38,00 €

Aurveda Alpine

This special massage is based on the synergy between the traditional Ayurveda technique and oils made with local essences.

Abhyanga massage

It's a classical Ayurveda oil massaging procedure, which supports the body while undergoing a cleansing process. It is well suited for the stress orientated illnesses, exhaustion and fatigue.

Duration: ca. 45 minutes
ca. 80 minutes

78,00 €
118,00 €

Mukabhyanga massage - suitable also for



Relaxing Ayurvedic massage of the head, face, neck and cleavage. Clears the mind, removes blocks and bestows new harmony, interior strength and energy.

Duration: ca. 25 minutes

52,00 €

Upanaha Sveda massage

A balancing, detoxifying back massage using elements of the Ayurveda methods as a guideline. It supports the cleansing and strengthening of muscles, connective tissues, spinal column and nerves.

Duration: ca. 50 minutes

86,00 €

Udvaartana massage

Ayurvedic full body scrub massage with a mixture of coarsely ground herbs and high-quality oil. This purifying massage stimulates the metabolism and removes dead skin cells.

Duration: ca. 40 minutes including 10 min shower

75,00 €

Padabhyanga massage (foot massage)

Relaxing foot massage with a balancing effect that calms nervousness, stress and sleep problems.

Duration: ca. 45 minutes

76,00 €

PEELINGS & PACKING

Velvety feeling

Freshness and beauty for your skin

- Hubertus peeling
- Hay-apricot peeling
- Aroma salt peeling

Duration: ca. 25 minutes

45,00 €

Tip: We recommend a full body peeling before every treatment, in order to cleanse the skin and open the pores to better accept the active agents!

Steam bath packing

Let's give you individual consultancy from our ladies in the beauty farm.

Traditional hay bath

The body and mind are relaxed by the strength of the alpine herbs. The sweaty effect leads to a purification and works positively together with the apparatus strengthening the immune system.

Duration: ca. 40 minutes

57,00 €

Mud pack

It boosts detoxification in a natural way and acts as an invigorator on the musculoskeletal system.

Sport pack

Gives your tired joints and muscles a new sense of fitness. Tensions are unravelled and stress diminishes.

Intensive care pack

Revives your skin with vitamins and a lot of moisture, builds up the cell regeneration to make them more elasticised and smooth.

Purifying pack

Algae are full of valuable mineral nutrients and salt. The tissues by means of these active substances are supplied with blood and purified. The skin tightens under the soaking.

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| ○ Every pack | ca. 25 minutes | 48,00 € |
| ○ Peeling and pack | ca. 50 minutes | 79,00 € |
| ○ Peeling, pack and partial body massage | ca. 80 minutes | 120,00 € |

BODY TREATMENTS

Power Detox

For your wellbeing and your beauty

Lymph stimulation massage suitable also for



A soft manual massaging technique which brings the lymph back into flow.

<input type="radio"/> Face	ca. 25 minutes	48,00 €
<input type="radio"/> Legs	ca. 45 minutes	72,00 €
<input type="radio"/> Body	ca. 50 minutes	82,00 €

Detoxifying Cellulite Treatment - Team Dr. Joseph

Experience a unique and effective cellulite treatment: cupping treatment in combination with efficient natural ingredients for a long-term and visible alleviation of the signs of cellulite. Unique features of this treatment include an invigorating body exfoliation, a stimulating cupping treatment and a modulated cellulite massage.

To reinforce the effects, we recommend that you combine the cellulite program with a seaweed wrap for extra hydration and metabolic activation. The very definition of full-body care!

Duration: ca. 50 minutes	91,00 €
ca. 80 minutes with seaweed wrap	129,00 €

NEW! Body purifying wrap

The metabolism is activated in the appropriate zones through various technique and applications. The various herbal active ingredients stimulate the metabolism, promote blood circulation, drain and fight cellulite. The tissue is tightened and drained.

<input type="radio"/> 1 wrap application	ca. 80 minutes	114,00 €
<input type="radio"/> 3 wrap applications	ca. 80 minutes each	290,00 €

COSMETICS

Time for your beauty



Perfect hands and care...

Manicure without nail polish	ca. 50 minutes	56,00 €
Pedicure without nail polish	ca. 50 minutes	59,00 €
Manicure included nail polish	ca. 60 minutes	61,00 €
Pedicure included nail polish	ca. 60 minutes	65,00 €
Wellness manicure (peeling, massage, package, nail polish)	ca. 70 minutes	80,00 €
Wellness pedicure (footbath, peeling, massage, package, nail polish)	ca. 70 minutes	82,00 €
Men's manicure	ca. 40 minutes	53,00 €
Men's pedicure (with foot massage)	ca. 50 minutes	59,00 €
Teenie manicure (file, massage, nail polish)	ca. 45 minutes	50,00 €
Teenie pedicure (file, massage, nail polish)	ca. 45 minutes	50,00 €
Nail polish	ca. 15 minutes	18,00 €


Permanent nail polish

Manicure with permanent nail polish (remove set for home included)	ca. 70 minutes	82,00 €
Pedicure with permanent nail polish (remove set for home included)	ca. 70 minutes	86,00 €
Removal permanent nail polish (no gel)	ca. 15 minutes	18,00 €

Beauty service

Eye brow correction	ca. 15 minutes	19,00 €
Eyelash and eyebrows colour	ca. 25 minutes	32,00 €
Eyelash or eyebrows colour	ca. 15 minutes	19,00 €
Upper lips depilation or chin	ca. 10 minutes	18,00 €
Leg completely with bikini zone	ca. 45 minutes	55,00 €
Leg to knee	ca. 25-30 minutes	35,00 €
Armpit	ca. 10-15 minutes	20,00 €
Arms	ca. 15-20 minutes	29,00 €
Bikini zone	ca. 10-20 minutes	20,00 €
Back or breast	ca. 20 minutes	35,00 €

HIGHTECH NATURAL COSMETICS
TEAM D^R JOSEPH
SÜDTIROL

Intense purifying face treatment - suitable also for 

For a visibly fresher complexion and vital radiance. Stimulation of the lymphatic system, cleansing, peeling, deep cleansing with cupping glasses and deep cleansing, eyebrows contouring, peel-off mask and daily skin care.

Duration: ca. 50 minutes

95,00 €

Cellular recreation face treatment

A wonderfully natural treatment with active ingredients, specifically tailored to the needs of your skin. Stimulation of the lymphatic system, cleansing, peeling, deep cleansing with cupping glasses, eyebrows contouring, special serum, facial massage, intensive facial mask and daily skin care.

Duration: ca. 80 minutes

122,00 €

Advanced bio lifting face treatment

Experience a truly unique beauty treatment Nature's high-tech solution for a sustained impact, immediate visibility and maximum effect. Stimulation of the lymphatic system, cleansing, peeling, deep cleansing with cupping glasses, eyebrows contouring, special serum, bio-energetic lifting massage, intensive facial mask and daily skin care.

Duration: ca. 110 minutes

166,00 €

Express power lift for men

For a powerful and well-groomed appearance. Stimulation of the lymphatic system, cleansing, peeling, deep cleansing, special serum, intensive mask with facial massage and daily skin care.

Duration: ca. 50 minutes

95,00 €

Ultrasonic facial lift treatment

with Team Dr. Joseph or Babor products

Experience a completely different non-invasive process for a rejuvenated and immaculate appearance. The ultrasonic frequencies allow the natural active ingredients to safely penetrate even the deepest layers of the skin. The effect of the ultrasonic treatment immediately shows in visibly smoother and tighter skin. Lymph stimulation, steam compresses, purification, enzyme and ultrasonic deep peeling, ultrasonic repair or lifting and daily care. In order to intensify the long-term effect, we recommend to book the treatments as a package.

Duration: ca. 50 minutes

119,00 €

Supreme ultrasonic facial lift (alginate mask, facial massage)

Duration: ca. 80 minutes

146,00 €



Skinovage - Classic face treatment - suitable also for

Customized treatment for your skin type. Treatment steps and active ingredients are individually tailored to your needs and thus make an apparent success possible.

Cleansing, peeling, deep cleansing, eyebrows contouring, active concentrate, mask and daily skin care.

Duration: ca. 50 minutes	95,00 €
ca. 80 minutes	122,00 €

HSR Lifting – The Ultimate Lifting Treatment

The beauty highlight of the extra class. Facelifting anti age for youthful smoothness, tension and elasticity. Cleansing, peeling, deep cleansing, eyebrows contouring, ampoule cure, lifting massage, mask and daily skin care.

Duration without ultrasound:	ca. 80 minutes	135,00 €
Duration with ultrasound:	ca. 110 minutes	162,00 €

Babor Men Energy Treatment

For a fresh and vital looking, well-groomed skin. Strengthens the natural protective function and cell membrane.

Cleansing, peeling, deep cleansing, eyebrows contouring, active concentrate, mask and daily skin care.

Duration: ca. 50 minutes	95,00 €
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Babor Eyes Treatment

Intensive care makes your eyes shine. Soothes, refreshes, invigorates and relaxes the eye area. Cleansing, active concentrate, eye fluid, massage, mask and daily skin care.

O Eyes Treatment	ca. 25 minutes	52,00 €
O Eyes treatment, eyebrow contouring and colour	ca. 45 minutes	92,00 €
O Individual face treatment and eyes treatment for an extra charge:		46,00 €

NEW! Hydra Boost Treatment

Ampoules Intensive Treatment

To regain the beauty and tone of your skin in a short time. The active ingredients contained in the ampoules are beauty substances that are absorbed by the skin in depth and without residue, thus performing a rapid and effective action.

Your skin has never been more radiant, fresh and plump!

Cleansing, peeling, ampoules (3 pieces), mask, daily skin care.

Duration: ca. 25 minutes	80,00€
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Head and face massage with special serum

The scalp is manipulated to a relaxed condition and the facial muscles radiate a refreshing vibrancy. With special serum and final care.

Duration: ca. 45 minutes	75,00 €
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SPECIAL PACKAGES

Selected treatments for efficient results

Hubertus package

- Hubertus peeling ca. 25 minutes
- Hubertus pampering massage ca. 50 minutes
- Hubertus ritual with energy stones 75 minutes

2-3 days

205,00 €

Relax for your back

- Mud pack ca. 25 minutes
- Resonance massage for the back ca. 50 minutes
- Relaxing head and neck massage ca. 50 minutes
- Upanaha Sveda massage ca. 50 minutes

3-4 days

265,00 €

Relax package

- Hay peeling ca. 25 minutes
- Intense purifying face treatment
Team Dr. Joseph or Babor Skinovage ca. 80 minutes
- Abhyanga massage ca. 80 minutes

2-3 days

240,00 €

From the head to the toe

- Aroma salt peeling ca. 25 minutes
- Intensive care pack ca. 25 minutes
- Mukabhyanga massage ca. 25 minutes
- Padabhyanga massage ca. 45 minutes

1-2 days

180,00 €

Pure relaxaxation!

(soft and relaxing massages)

- Hay peeling ca. 25 minutes
- Mukabhyanga massage ca. 25 minutes
- Abhyanga massage ca. 45 minutes
- Intensive care pack ca. 25 minutes

3-4 days

190,00 €

For your silhouette

- Lymph stimulation massage legs 45 min.
- Detoxifying Cellulite Treatment – Team Dr. Joseph ca. 50 minutes
- Body purifying wrap ca. 80 minutes each
- Purifying pack ca. 25 minutes

4 days

275,00 €

Only for men

- Sports massage legs and back ca. 45 minutes
- Babor Men Energy Treatment ca. 50 minutes
- Sport pack ca. 25 minutes
- Shoulder and neck massage ca. 20 minutes

3 days

225,00 €

Teenie Dream (until 16 years)

- Intense purifying face treatment Team Dr. Joseph **or** Babor Skinovage ca. 50 minutes
- Teenie manicure or pedicure ca. 45 minutes
- Back massage ca. 25 minutes

2-3 days

165,00 €

Perfect look

- Ultrasonic facial lift ca. 50 minutes
- Supreme ultrasonic facial lift ca. 80 minutes
- Hydra Boost Treatment ca 25 minutes

3 days

295,00 €



For the expectant mother

- Intense purifying face treatment Team Dr. Joseph **or** Babor Skinovage ca. 50 minutes
- Manicure or pedicure incl. nail varnish ca. 60 minutes
- Head and face massage with special serum ca. 45 minutes

3-4 days

200,00 €

*The spa packages cannot be divided among several persons.
The appointments will be charged in full for short notice cancellations.*